

**Course description**

Start and finish on Hwy 143 in Roan Mountain State Park (East of Johnson City). The course follows the highway downhill for 2 miles and then turns onto Heaton Creek Rd for one mile. At mile 3 a sharp left turn take you up some steep hills to the mid peak at 2900 feet. A steep decent takes you to Sugar Hollow Valley with rolling downhill back to Hwy 143. Less than 2 miles back up to an uphill finish at the Lodge. Considered the second hardest course on the Running Tour.

